

**ALSO INSIDE**

Get outside  
How contact lenses  
could change your life  
A life more colourful  
And much more...

**“It’s never been  
about money.  
It’s about people.”**

Steve Fletcher on The Repair Shop's winning formula.

# RYAN writes



Welcome to the second issue of Leightons Life. As well as celebrating our 96th year as a family-run business, we're also celebrating everything summer.

It's always our aim to help you see, hear and live life more fully, and at this time of year we can help you to look even more fabulous doing so. Now is the season to welcome colour, bold shapes and brands not afraid to stand out. Our article Peachy Keen, on page 19, showcases the stunning Spring-Summer 2024 frames from Etnia Barcelona, who've embraced Pantone's Colour of the Year—Peach Fuzz—with both hands.

Summer is also the perfect opportunity to get outside and enjoy your surroundings. Whether you're a walker, golfer, gardener, climber, or just love the

outdoors our article on page 14 gives a vital insight into how modern technical lenses protect your eyes and process summer light.

You'll be hearing from some of our expert team on how to make the most of your sight, especially during the brighter months, as well as from customers who share inspiring stories from their hearing and optical journeys with us. In addition, we share a raft of information on all manner of Leightons' latest products and services. So whatever you get from Leightons Life, I do hope you enjoy it.

*R.P. Leighton*

**Ryan Leighton, CEO**

Leightons Opticians & Hearing Care

We look forward to welcoming you in one of our 35 stores at the heart of our community

ADDLESTONE

ALTON

ANDOVER

BASINGSTOKE

BURNHAM-ON-SEA

CAMBERLEY

CHANDLERS FORD

CHRISTCHURCH

CIRENCESTER

COBHAM

EPSOM

FAREHAM

FARNHAM

FLEET

HASLEMERE

HAYWARDS HEATH

HEMPSTEAD VALLEY

LEADENHALL ST.

LEWES

MARLOW

POOLE

PUTNEY

READING

SOUTHAMPTON

ST ALBANS

SUTTON

SWINDON

TADLEY

THATCHAM

TOTTON

TUNBRIDGE WELLS

WINCHESTER

WINDSOR

WOKINGHAM

WOODLEY

# CONTENTS

<b>Make do, and mend</b>	Steve Fletcher speaks.	04
<b>Valuable insight</b>	What the Ultimate Eye Examination can do for your health.	06
<b>Be hear now</b>	Patient Jackie Drought on life with volume.	07
<b>Switch on the joy</b>	Audiologist Conor O'Kane on the benefits of hearing aids.	08
<b>Lens in high places</b>	How contact lenses might just change your life.	09
<b>See, sip, savour</b>	How sight affects our taste.	10
<b>Yesterday.Today.Tomorrow.</b>	The frames you've been waiting for.	13
<b>Get outside</b>	And let the light in. Safely.	14
<b>A life more colourful</b>	How sight, sound and colour can make us happier.	16
<b>Iris Apfel</b>	Remembering an icon.	18
<b>Peachy keen</b>	Pantone's fuzzy favourite.	19
<b>Look out</b>	Dr Jill Huby and the changing face of ageing.	20
<b>Cocktail o'clock</b>	Your must-have recipe for summer.	21
<b>MyLeightons</b>	Our care plans explained.	22
<b>See Now. Pay Later.</b>	We're paying it forward.	23



## Paper provenance

Carbon Captured, supporting the Woodland Trust. FSC-certified paper.  
Printed using vegetable-based inks. Recycle when done.

# MAKE, DO and mend.

We caught up with horologist Steve Fletcher on the runaway success of *The Repair Shop*, and why two pairs of glasses are better than one.

When asked how *The Repair Shop* came to be, and what makes it such an endearing watch, Steve is keen to tell me “It’s honest. It’s never been about money. It’s about people, and their most treasured possessions—albeit in a state of disrepair—and how we bring them back to life.” While they are intrinsically physical repairs to a tangible entity, the premise of the show is so much more emotive than that. These possessions may have been in a family for multiple generations, or carry sentimental significance for other reasons, so that the passion, precision and craftsmanship that’s poured into them takes on a special value, never more evident than when the person and their belongings are reunited.

Perhaps not surprisingly, the idea for the show was born out of a seed of one of the producer’s. When she took a beloved chair of her father’s to be restored, and the resulting job both wowed and stirred all sorts of emotions, she hoped there would be promise in a show full of similar stories. Where a vase is not just a vase,

and a watch is not just a watch. Steve, the show’s resident horologist and expert on all things mechanical, very nearly never took part, believing the production team’s initial approach to be something of a hoax. Encouraged by his partner Mel to look into the details further, within three weeks a filming schedule was in place and—thirteen seasons later—no one has looked back.

Steve goes on to discuss the wonderful knock-on effect within the craft industry as a whole. Whereas, not so long ago, heritage crafts were seen as slightly outmoded (many continue to feature on the Red List, sadly), there are now a younger generation of eagle-eyed craftspeople coming up through the ranks. Similarly, colleges are starting to take note, with course offerings previously unavailable. Quite possibly the show has also tied in nicely with a recent bent towards sustainability, reuse and slow production. Bucking the throwaway trends of pre-Covid life and embracing a more responsible form of consumerism.



Glasses: ProDesign AROS 3 courtesy of Leightons.

Steve started in the business young, leaving his native Witney to study horology at Hackney College. The experience was something of a baptism of fire but one he delighted in, from the urban difference, to the culture and the foods. And whether it's the nature of his work looking at teeny tiny components, Steve also came to glasses relatively young, at 30. As well as prescription glasses, Steve's signature double pair of readers allow for 2 x, 3 x or even 5 x magnification if worn together. Perfect for those minuscule cogs and Lilliputian wheels.

While his style of glasses has changed over the years, he ultimately favours the small, round spectacles he's become



Photo: above/front cover Sarah Weal [sarahweal.com](http://sarahweal.com)

known for. They're lightweight, and easily replaceable—despite the precision of his work, he is notorious for losing or breaking them—and have become so much a part of his identity. So would he consider contact lenses? With relief, a vehement "No." And so, as much a familiar comfort as the The Repair Shop itself, we're glad 'Two Frames Fletcher' will remain just so.

## Introducing our Ultimate Eye Examination.

It's amazing what your eyes can tell us about your health, from detecting signs of conditions such as diabetes or high blood pressure, before you are aware of changes yourself. At times, it can even be lifesaving.

How is Leightons different? With our Optomap technology we can image 65% more of the eye than standard cameras and tailor the outcome to your specific needs, giving you peace of mind and allowing you to live life to the full. But don't just take our word for it—below is a letter to one of our clinicians from an Ultimate Eye Examination patient:

*Dear Joanne Lindley,*

*I am writing to say a very big thank you to you for referring me to my doctor at my last appointment, on 13th April. Following this, I had a blood test, which revealed very high cholesterol levels at 9.9mmol/l. I'm now being medicated to get them down to a more manageable level of 4.0mmol/l. If you hadn't found the spots at the back of my eye when you did, I don't know how long it would have gone unchecked. So thank you again.*

*Yours sincerely,*

*Leightons patient*

### The Leightons Ultimate Eye Examination includes:

A wider 2D scan of your eyes with Optomap technology | 3D OCT scan, to reveal hidden layers | Lifestyle considerations, needs and preferences | Previous medical and eye care analysis | Measurement for long, middle and short-range focus and co-ordination of your eyes | High magnification light-beam examination, with live 3D view

Our clinicians will always endeavour to answer any questions you might have, in their warm and friendly manner, so book your Leightons Ultimate Eye Examination today and enjoy peace of mind for life.

**LEIGHTONS**

OPTICIANS & HEARING CARE

[leightons.co.uk/book](http://leightons.co.uk/book) | 0800 40 20 20

# THE PATH TO clarity

We talked to long-time Leightons customer **Jackie Drought** about her journey to better hearing.



**J**ackie, like many people, started out solely as a Leightons' optical customer, regularly keeping on top of her eyesight at her local Basingstoke practice. For 15 years she enjoyed their eyecare services alone, but when her hearing became 'fuzzy', Leightons were her first thought to investigate further. As well as muffled sound, Jackie was also experiencing a mild ringing in her ears, but imagined a check-up would find little more than a build-up of wax, perhaps.

When a thorough hearing assessment uncovered a decline in Jackie's hearing, necessitating hearing aids, she was quite simply devastated. In her words, she felt instantly "old and decrepit", but admits to being pleasantly surprised since. Her transition to using hearing aids has been a very different experience, thanks in no small part to the care from her audiologist, Conor O'Kane. Jackie describes the service she has received as "absolutely fantastic", so much so that, even though she has since moved to Oxford, she still travels back to Basingstoke for her appointments with Conor.

Addressing her hearing loss has been a revelation, she explains. "It's not until things are rectified that you realise

how detached you've become", and that wearing hearing aids is like having "someone turn on the clarity." She had imagined they would simply make everything louder, but has found that not to be the case. Not only does Jackie enjoy much clearer hearing, but the fine-tuning that occurs at her regular check-ups has enabled her to really make the most of her hearing aids. Personalised options allow her to choose different settings that work well for watching TV, for example, and eliminate background noise in loud spaces such as restaurants or the theatre.

Having been an accountant, working for companies such as BMW among others before retiring and moving to be closer to family, Jackie was understandably reticent about letting her hearing get the better of her. But in fact, she's found the experience liberating. Not only has she been able to enjoy looking after her grandsons and involving herself in group settings again, she's also enjoying the benefits of Wi-Fi in opening up a whole new world—of podcasts! Specifically news and history, but how wonderful to have discovered a previously untapped avenue of entertainment, made possible by "the world's most superior ear buds", as Jackie now lovingly describes her hearing aids. A revelation indeed, by the sounds of it.

# SWITCH ON the joy

**We spoke to Basingstoke Hearing Aid Audiologist Conor O'Kane about what better hearing means for you.**



Conor likes to think of his patients as he would relatives. He's aware that for many, a hearing assessment might have been five or even ten years in the making, and so putting people at ease is of the utmost importance. Being down to earth and warm by nature, and by providing a relaxed environment, he's able to get the best out of his 90-minute consultations and really identify the patient's lifestyle needs. Listening while the patient speaks gives Conor an excellent insight into where his patients need the most help, as will having a relative or significant at the appointment. For hearing loss not only affects the patient, but of course everyone they live with too.

Once Conor is appraised of his patient's circumstances, he'll then move onto testing, followed by an open dialogue about the results. At that point, and depending very much on the patient, they'll be able to trial a set of hearing aids. In the branch, out for a coffee or even for a couple of weeks at home. It's unsurprising that most patients are sold from the moment the hearing aids are switched on especially if, like many, they might not have heard the birds singing for 20 years.

We hear with our brains, so a hearing aid which is designed to be body responsive, picking up on where sound is coming from, can give us confidence in our surroundings, whatever they may be. The new Oticon Intent uses ground-breaking user intent sensors to interpret your listening needs so you can engage effortlessly in conversation.



Discover Oticon Intent at Leightons today. Pop in or book an appointment, [leightons.co.uk/book](http://leightons.co.uk/book) | 0800 40 20 20 (and make your audiologist happy).

# Lens IN HIGH PLACES

Find out why Branch Director Tim Barrett believes contact lenses could actually change your life.

Like many people in the optical profession, Tim started his career as a Dispensing Optician. Over the years, as he became more and more aware of the profound effects of contact lenses on patients, he changed course slightly. To be able to witness firsthand the confidence that could be instilled, especially in children and young people, by this simple lifestyle change, was immense.

Tim is keen to point out that contact lenses aren't for everyone. Practically and aesthetically. Many of us like to wear glasses, are proud of them almost, and even more so in this age of incredible frames. But, there are those who find the freedoms of contact lenses too good to pass on. Children, at the tender age of wanting nothing more than to fit in, have found contact lenses particularly beneficial. Discreet, brilliant for those heavily involved in sports and, if Tim has anything to do with it, easy to wear and look after. Asked how he takes care of the first application 'fear factor', Tim compares the process to moving from the shallow end of the pool to the deep end, that communication is key, and that once you're off and away, the rewards can be tenfold.

For example, contact lenses have proven to be very helpful in managing myopia



(short-sightedness), slowing or even bringing progression rates to a halt.

Fully qualified and now with a fellowship to his name too, Tim has also enjoyed providing patients with theatrical lenses, mostly for the acting community, as well as therapeutic lenses, where spectacles weren't enough. In one case he was able to help a young chap finally meet the requirements to drive and, in turn, land his dream job.

Tim has also been pleased by the developments over the last few decades, making contact lenses easier to use, with slower dehydration rates, and more affordable too. This has opened the world of lenses up to a much wider community and to those who might just want to intersperse their time in glasses—for an event, or a wedding perhaps—with an unfettered face.

And let's not forget the very pertinent benefit as we approach the season of blue skies (hopefully) where lens-wearers can enjoy the full range of sunglasses currently brightening up our branches.

A close-up photograph of a bottle pouring white wine into a wine glass. The wine is a pale yellow color. In the background, there are other wine glasses filled with different types of wine, creating a soft, out-of-focus effect.

# How important is **SIGHT** when it comes to taste?

**W**hen someone pours you a glass of deep purple Shiraz on a cold winter's night, and your eyes watch the wine fill the glass, does your mouth water in anticipation? Or how about watching a glass of ice-cold, salmon-pink, Provençal rosé being poured on a blisteringly hot summer's day?

**Thirsty questions from Will Lyons,  
wine columnist for The Sunday  
Times, Vice President of The Sunday  
Times Wine Club and host of the  
award-winning Wine Times podcast.**

For years scientists have been studying the effect of sight on how we perceive food tastes. We already know that taste buds on our tongue detect flavours and help us to identify the foods we eat. But other senses play a key role in how we experience our foods, particularly our sight.

For the wine professional, what we see in the glass is as important as what we smell, taste and feel in our mouths. It's why in 67 Pall Mall, a club for wine lovers in London, their basement tasting room has overhead lighting which mimics the midday sun in Bordeaux, perfect conditions to assess the wine in the glass. It's no coincidence that many professional tastings are now held there.

But when it comes to taste, looks can also be deceptive. A remarkable study from the University of Bordeaux in France, saw wine science students given two wines to assess. They were not told what the wines were or where they were made. Instead, they were asked to describe the flavour of each wine in writing.



The students described the white wine with tasting notes such as citrus, apple and peach. Similarly, with the red wine they used descriptions like cherries, blackcurrant and pepper. What they were not told is that both wines were exactly the same, only one had been artificially coloured red with an odourless dye.

Not one of them detected that they were in fact tasting the same wine. Now, these were by no means amateurs, they were wine science students.

Why? Well, our eyes are incredible organs, sending messages to our brain which are stored for some time after. We not only taste with our tongue, but we also form an overall perception of the taste based on what we feel, smell, hear, remember and—most importantly—see.

# ‘Our eyes are incredible organs, sending messages to our brain, which are stored for some time after.’



Speaking at the 245th National Meeting & Exposition of the American Chemical Society (ACS), Terry E. Acree, Ph.D. said that people actually can see the flavour of foods before they taste them, and the eyes have such a powerful role that they can trump the tongue and the nose.

It's linked to memory and our past. Our ancestors used their sense of sight to find food, and we quickly learned what food was good for us through visual clues. For example, a green strawberry was unripe, whereas a red strawberry was delicious and nutritious to eat.

In this way, our brains amass a bank of memories which link certain colours with specific flavours. So when it comes to our

glass of Shiraz, the visual clues trigger flavour associations and from the moment your eyes see the wine poured into the glass, chances are it's already made up its mind as to what you'll enjoy before you even put it in your mouth.

Which means looking after our sight has even more importance, where the full sensory enjoyment of food —and drink—is concerned.

Returning to the wine study, it illustrates that our sight doesn't just work more quickly than our sense of taste and smell, in fact it might even override it.

So the next time you have one of your wine friends over to dinner, try it. Even better, have a go yourself. Ask someone to pour a white wine and a red wine into two mugs, close your eyes and see if you can taste which is which. You might find it's harder than it seems.

# YESTERDAY.TODAY. TOMORROW.

Our collection of frames and sunglasses.  
Designed by us, for you.



Meet our favourite sunglass of the season, Trimingham Amber.  
Like all of our designs, this style takes inspiration from the  
natural world around us. Pop into your local branch to  
see the complete range in all its beauty.

**£99\***

Exclusively available at all Leightons Opticians & Hearing Care branches.

\*Frames or sunglasses, not including prescription lenses. Please ask for more information in branch.

# be greater OUTDOORS

While many of us wouldn't choose to cast our minds back to the pandemic, we have been reflecting on the resulting beneficial changes. Having time to spend in our local environs, whether a shared green space or private garden, undoubtedly reignited a love affair with nature which has happily since remained. Looking for small pleasures, we turned to the outside both as a gym and as a place to enjoy watching wildlife. In the first lockdown, the RSPB and Wildlife Trust saw hikes of 69% in web traffic, as we learned to appreciate the part our eyes and ears play in our enjoyment of the great outdoors more than ever before.



We were here before the pandemic, we were here during, and we're here now, to help you live your outdoor life to the fullest, with the best in activity-enhancing eyewear. And once you're fully kitted out, there's no excuse not to get out and let the light in. Something as simple as a short, brisk walk every day can do much for our physical wellbeing—building stamina, burning excess calories and making our hearts healthier. The NHS Active 10 app can help the most novice walker with goals and rewards, and proves that even 10 minutes' walk a day has a number of health perks. Not to mention the mental health benefits from spending time outside—listening to the sounds of nature, animals and people around you. More on that in our article Hear Life in Colour article on page 16. But don't forget, while we can protect your sight and hearing, it's just as important

to protect your skin too. Even on cloudy days, UV is still a risk, and so a good quality sun cream should be as much a part of your summer artillery as your sunglasses and hat.

We're passionate about getting you into the great outdoors, whether enjoying a round of golf, boating, picnicking and (pub) gardening are your kind of thing, or if you get your kicks from biking, climbing and other adrenaline-fuelled pastimes. Come in for a chat with our optical team—Optometrists, Optical and Hearing Assistants and Dispensing Opticians—who are ready to help optimise your eyewear for maximum enjoyment all year round.

Pop in now or book an appointment  
[leightons.co.uk/book](http://leightons.co.uk/book) | 0800 40 20 20

# HEAR THE WORLD IN full colour WITH LEIGHTONS

**Elizabeth Newbould**, Leightons Audiologist & Audiology Development Lead, discusses the vital links between sight, sound and colour.



Our hearing and sight are often considered to be separate, yet they are linked: a life without colour or connection would be very dull indeed.

When we consider the energy and enjoyment we glean from immersive sound and landscapes, and being connected to others, we can start to appreciate sound and colour better—how similar and equally important they are. Small impairments can disconnect us, and so having both checked regularly is very important.

**‘Without light, we see no colour.  
And without sound, we lose connection.’**

When we experience hearing loss, we can become disconnected from our world and the things that bring colour to our lives—the sound of laughter for example, so life can feel a little grey.

And when we experience deterioration in our vision, detail and depth of colour can be missed. The details of a painting or the smile on a friend's face—without clarity and colour the true beauty in what we see is lost.

Sound and light share the fundamental nature of vibration, known as frequency. Frequencies affect us every moment of the day, evoking emotional, physical, psychological and behavioural responses, and often creating a visceral response in the body. Energy, feelings, emotions and memories are all triggered by what we see and hear and so life is nothing without sound and light!

What would it feel like not to hear the sounds of nature—birdsong, rustling leaves or the flowing water of a stream? All precious sounds that we should do our bit to keep, which is why it's so important to care for our hearing as we do our sight.

How can we help you?

Here at Leightons, we want you to live life in full colour. Our friendly team are on hand to answer any questions you might have about your hearing or vision so don't wait, come in for a chat today!

**0800 40 20 20**  
[leightons.co.uk/book](http://leightons.co.uk/book)



# Iris Apfel

1921-2024

We couldn't bring you a magazine celebrating life, colour and everything optical without paying tribute to the iconic Iris Apfel. If ever there were someone to admire for their energy as they approached later life, it was Iris. Calling herself a 'geriatric starlet', the New York businesswoman enjoyed a lengthy career in interior design, decorating and styling, before becoming an accidental icon in her 80s. Taking part in an exhibit for the Met in 2005 was the catalyst—her vast collection of clothing and fashion jewellery was so admired it was then toured around the U.S.—taking her on a meteoric rise at a time in her life when many people might be thinking about taking it easy.

She went on to become a designer, lecturer and design consultant, and, in 2012, also graced the cover of *Dazed* and *Confused*.

Along with her daily outfit of outlandish clothing and a few kilos of accessories, Iris was also known for her glasses, wearing 'large, owl-like frames to stylise her aged face into a witty, unchanging cartoon.' Perfectly fitting for a woman known for her refreshing take on all things aesthetic. As much a fan of cheap tat and thrift store finds as she was of designer gowns, she believed money could not buy personal style, that prettiness withered and beauty could corrode the soul. All that really mattered was "attitude, attitude, attitude."

So as we hurtle towards summer, and the bold choices that affords, we could all do well to be a little more Iris.

If you'd like to inject your unique style with some added colour and energy this summer, book a free style consultation at: [leightons.co.uk/book](http://leightons.co.uk/book)



# peachy KEEN

Once a year, every year since 1999, The Pantone Color Institute selects its Colour of the Year. Originally created as a way to engage the design community and colour enthusiasts in a conversation around the subject, the Institute wanted to highlight the relationship between culture and colour and the fundamental role colour plays in our shared human experience.

This year, the mantle belongs to Peach Fuzz, or Pantone 13-1023 as it's technically known. Capturing our desire to nurture ourselves and others, it's a velvety peach tone whose all-embracing spirit enriches mind, body and soul.

Speaking on this shade is Leatrice Eiseman—Pantone's Executive Director—who states *"In seeking a hue that echoes our innate yearning for closeness and connection, we chose a colour radiant with warmth and modern elegance. A shade that resonates with compassion, offers a tactile embrace, and effortlessly bridges the youthful with the timeless."*



Never ones to shy away from the forefront of style, Etnia Barcelona's Spring-Summer 2024 campaign embraces Peach Fuzz wholeheartedly with UNDERWATER, a series of cleverly-curated images incorporating every shade of coral, peach and orange you could imagine. Dramatic, beautiful and beguiling, these seascapes provide the perfect vehicle for Etnia Barcelona's ever-bold and stunning eyewear.

Define your own colour and book your free style consultation now. Discover Etnia's incredible range amongst many other amazing brands.

[leightons.co.uk/book](http://leightons.co.uk/book) | 0800 40 20 20



# Look who's talking

...And inspiring, and generally living a life less ordinary. We spoke to Dr Jill Huby about the beauty of growing older, without growing old.

On the day we talk, 86-year-old Jill has just come inside from a spot of gardening, covered in mud and getting some funny looks from her rescue cat. Her immediate giggle belies her age, and even over the phone, to meet her is to be in awe of her. No wonder, then, that she's a favourite patient at Leightons' Swindon practice.

Keen to tell me she was the only girl to do physics at school, Jill went on to earn herself a whopping five degrees, including a PhD in biological psychology and neuroscience centring around the placebo effect in relation to Parkinson's and pain. Her interest in people, particularly helping people—from a scientific as well as human perspective—is clear and ever-so endearing.

Stellar career aside, Jill was also wife to John, with whom she spent over half a century until his sad death from blood cancer in 2013. Having spent inevitable periods at Great Western Hospital, and after such a monumental life change, Jill was inspired to offer her time to their Brighter Futures charity. This included time with patients and their families

and also a 'foamy fun' 5k bubble rush, helping to raise some of a £3m contribution to two linear accelerators for the radiotherapy unit.

Further efforts from Jill's fundraising include the supply of incubators to the hospital's special care baby unit, and, in her most noteworthy of triumphs—aged 79 no less—a skydive. When asked if she was scared at the time, she giggles again and tells me she worried about what might become of the cats. Rightfully, she won the Pride of Swindon award that year. Ever-humble, she's just happy to have helped to raise the profile of Brighter Futures. Still going at 86, Jill has since been involved in the Covid unit, administering vaccinations to the masses.

Coming back down to earth, we talk about Jill's visits to Kate and Lauren at Leightons, and how 'they make a visit to the opticians fun.' So much so that out are the anonymous frames of years gone by, and in are the most colourful of spectacles from the likes of Etnia Barcelona. In a range of hues too because "One needs different colours for different outfits". Quite.

## recipe

Make your summer entertaining zing with this bubbly peach cocktail. Fruity and fun but tart enough to feel grown-up, measures can be easily adapted to cater for a crowd. Add fresh peach slices to your punch bowl for added peachiness.

### INGREDIENTS

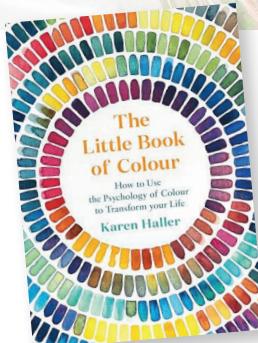
- 2 shots of vodka OR
- 2 shots of Seedlip Garden 108 non-alcoholic spirit
- 2 shots of peach schnapps OR
- 2 shots of peach purée
- 2 shots of freshly squeezed lemon juice
- 1 shot sugar syrup
- Soda water
- Lemon or peach slices to garnish

### METHOD

Combine the vodka or non-alcoholic spirit, schnapps or peach purée, lemon juice and sugar syrup in a shaker, before adding ice and the lid. Shake for 1 minute and strain into chilled glasses of your choosing.

Follow with some ice cubes before topping off with soda water, then garnish with your lemon or peach slices.

Makes 2 cocktails



Win one of fifteen *The Little Book of Colour: How to Use the Psychology of Colour to Transform Your Life*, a Sunday Times Design Book of the Year. Just send us an email to [competition@leightons.co.uk](mailto:competition@leightons.co.uk) and let us know your favourite colour.

Terms and conditions apply: Winners will be drawn at random.

One entry per person. No cash alternative. Closing date 31.8.24.



# PEACH FIZZ



# Join the club WITH MYLEIGHTONS



Whether you've been a Leightons customer for many years, or you've more recently joined us, our MyLeightons Care Plan is undoubtedly a hot ticket.

Most of us will be familiar with store payment plans and how they work, but with MyLeightons the myriad of benefits extend to you, and your family. For hearing, and optical needs. Sounds like the club to be a part of, doesn't it?

Whatever level of plan you choose, MyLeightons includes a range of clinical benefits—services which are available in branch, such as the Leightons Ultimate

Eye Examination, contact lens fitting and aftercare and clinical dry eye consultation. Giving you no excuse not to get your eyes in tip top condition before summer is upon us. And once you know what your eyes need, then the real fun starts. Feel like trying out some bold new frames in this year's hottest colour? Have 20% off. Or finally going frame-free and trying contact lenses? Have 20% off those too.

In addition to optical products, we've also got your hearing covered. With wax removal included, and a range of tempting discounts on hearing products, you'll be able to hear those waves lapping the shore, or your children at the park.

And for those on the family plan, you can make sure your children see and hear clearly too. So whether they're watching animals at the zoo, or their favourite band at a festival, their vision will be one less thing for you to worry about this summer.

Dive into the world of MyLeightons  
[leightons.co.uk/myleightons](http://leightons.co.uk/myleightons)



**LEIGHTONS**  
CARE PLAN



Take advantage of our hassle-free 10 month interest-free credit plan with no credit check. The first payment being your deposit, which is a minimum of 10% of the retail value. Our handy guide gives you an idea of your monthly payment.

Total Purchase Price	10% Deposit 1st payment	9 Monthly Payments
£300	£30	£30 pm
£400	£40	£40 pm
£500	£50	£50 pm
£600	£60	£60 pm
£700	£70	£70 pm
£800	£80	£80 pm

It's really easy to set up and more info can be found here:  
[leightons.co.uk/see-now](http://leightons.co.uk/see-now)

## SEE NOW. PAY LATER.

**Simple phrase. Simple philosophy.**

We've found a way to put those frames you just can't take your eyes off within reach. With a 10% deposit, 0% interest and a payment plan of 10 easy instalments, there's no reason not to dazzle in our newest styles for summer. Or invest in that classic style from one of your favourite brands. What's more, with no credit check, you could be sporting your new glasses before you know it.

## HEAR NOW. PAY LATER.

Because your hearing is as important to us as your vision, you can also enjoy similar benefits with our Hear Now. Pay Later. payment plan. So you can enjoy those sounds of summer, in all their glory. In addition to easy instalments, you can also enjoy lifetime aftercare, 3-5 year warranties, free batteries, annual hearing tests, 6 monthly MOTs and complimentary ear wax removal.



Sunglasses are for life, not just for holidays.

Concept by Jayne Gaffin



COLOR YOU CAN FEEL

PolarizedPlus2 Sunglasses